

Abstract

Title: Incidence of injuries at top badminton players depending on physiotherapy and compensatory programmes

Objectives: The main aim of this study is to find out what are the most frequent injuries at top badminton players taking part in the Czech extra league and in the first league in the season 2017/2018. Besides, the aim is also to find out if physiotherapy and compensatory programmes influence the decrease of the incidence of these injuries. And then, if badminton players devote their time to compensatory programmes and use the possibilities of physiotherapy.

Methods: For finding out the most frequent injuries at top badminton players we used a non-standardised questionnaire. The research had the character of a correlative – predilective study which studied the relationship between the incidence of injuries in badminton depending on physiotherapy and compensatory programmes.

Results: The most frequent injuries among the Czech badminton players occur in the area of an ankle (47%), knee (34%) and shoulder joint (22%). According to the results, physiotherapy and compensatory programs proved a positive effect on reducing the incidence of injury. 25% of players working with a physiotherapist since childhood have never suffered injury. 68% of players who started to cooperate with a physiotherapist because of the previous injury consequences have never been repeatedly wounded again. The players who do not cooperate with a physiotherapist suffer more recurrences of injury (77%). Out of the players performing the compensatory program regularly, 42% have never been injured, 41% have been injured just once and 17% have been injured more than once. Among the players competing only in badminton 2% have been uninjured, 46% have been injured once and 51% have been injured more than once.

Keywords: badminton, injury, compensatory programmes, sport injuries prevention